

## Pre-Op Instructions

*In order to make your admission and surgery more comfortable for you please comply with the following instructions:*

1. Pre-surgical testing and medical clearance/optimization needs to be completed within 30 days of the scheduled surgery date. **If you are having pre-surgical testing with your Primary Care Physician, please make sure we receive all forms and labs 5 days prior to surgery.**
2. Wear loose fitting clothing to the hospital for surgery.
3. If you have your own crutches or cane bring them with you to the hospital.
4. Bring a list of all medications and/or allergies to medications.
5. Leave all jewelry and valuables at home.
6. Bring containers for eye glasses, contact lenses, dentures, etc.
7. Blood pressure medication can be taken the morning of surgery with a sip of water only.
8. Do not wear makeup or nail polish to the hospital.
9. Do not take any diabetic medication the night prior to the surgery.
10. Do not take any anti-inflammatory medication (aspirin, Advil, Aleve, Motrin, ibuprofen, Naprosyn, etc.) one week prior to surgery.
11. Do not eat or drink after midnight the night prior to surgery.
12. Do not chew gum, eat candy, smoke cigarettes, smoke cigars, or use smokeless tobacco after midnight the night prior to surgery.
13. Do not use illegal drugs (marijuana, cocaine, etc.) one week prior to surgery.
14. Report any loose teeth to Anesthesia or Dr. Stein's staff prior to surgery.
15. Report any illnesses (cold, flu, UTI, etc.) to Dr. Stein's staff prior to surgery.
16. Bring your insurance card to the hospital and make sure you are aware of any deductibles you are responsible for in-network or out of-network.
17. You must arrange to be picked up from the hospital. The staff will not allow you to leave by yourself after surgery.
18. You should receive a call by Friday evening from the hospital prior to surgery to confirm your arrival time for Monday. If you do not receive a call, you can contact the hospital at (212)-263-1515 for patients having surgery at the NYU Ambulatory Center on 38<sup>th</sup> Street **or** (212)-598-6070 for patients having surgery at NYU Hospital for Joint Diseases on 17<sup>th</sup> Street.
19. If you have any billing inquiries regarding the hospital facility fees, please contact the hospital at (646)-381-9425.
20. If you have any billing inquiries regarding the Anesthesia fees, please contact the hospital at (877)-675-5174.
21. If you have any billing inquiries regarding surgeon fees, please contact Melissa at (718)-966-6869.
22. Please Note: Cancellation of Surgery- \$1000.00 fee (<48 hours); \$500.00 (3 to 7 days) without medical reason.
23. **Please bring your MRI films with you on the day of surgery to the hospital.**